



City College News

NOVEMBER, 1984

Classes extended after 24-day strike

It will take several weeks to settle all the issues arising from the resumption of classes after the 24-day-long faculty strike, says President Doug Light.

All full-time and part-time programs that were suspended during the strike started smoothly again on Nov. 12, but some wrinkles remain to be ironed out, he said.

"It is going to be three or four weeks before everything is sorted out."

Faculty went on strike on Oct. 17 after a breakdown in talks over a new contract.

The 7,500 instructors, librarians and counsellors in OPSEU faculty locals, including the 650 in Local 556 at George Brown, were ordered back to work by provincial legislation passed on Nov. 9.

Under the legislation, binding arbitration will decide all contract issues for the 7,500 OPSEU members with the exception of workload which will be the subject of an inquiry by a 3-person committee who will report by June 30.

Both full-time and part-time classes are being extended to make up for time lost during the strike.

In a letter to students on Nov. 12, Light said most post-secondary classes would be extended a week this semester from Dec. 14 to Dec. 21, reading and semester breaks would be cancelled, and winter semester, starting Jan. 21, would be extended one or two weeks.

Extensions and adjustments in timetables are also being made for Canada Employment and Immigration Commission (CEIC) sponsored programs and apprenticeship programs.

Student financial assistance under the CEIC and Ontario Student Assistance Program (OSAP) is being extended to cover the longer programs.

The College is also giving full fee refunds to both full-time and part-time students who choose to withdraw from their courses or programs for strike-related reasons up until the end of November.

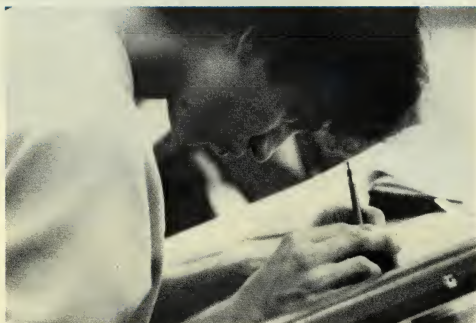


Photo: Cooper Communications

This is a scene from the new film "George Brown — The City College" that Secondary School Liaison Officers Mary Bruno and Sue Thomson-Jenney will be showing at high schools this winter. The 12-minute film is a visual tour of the College with narration by students, instructors and administrators. A copy of the 16-mm film can be booked for showing by calling Public Relations Officer Kadi Kaljaste at ext. 3240.

Northern students will study here

George Brown is working out a co-operative arrangement with Northern College in Timmins that could result in dozens of students coming south every year to Toronto for advanced training.

As now planned, Northern students would follow George Brown curriculum for their first year of college, and then join second and third year classes in Toronto.

The plan would enable Northern to offer programs that require expensive facilities and equipment, and at the same time boost enrolment in advanced classes at George Brown.

Northern, with its headquarters in South Porcupine near Timmins, has six campuses spread over a wide area of Northern Ontario including James Bay and Haileybury.

In the first of the co-operative ventures, Northern will start the first year of a hospitality program in September, 1985. Graduates of that first year, perhaps a dozen in all, will continue

their studies at George Brown starting in Sept. 1986.

Academic Vice-President Howell Pritchard says similar arrangements could be made for other programs in health, business or technology areas that require expensive specialized equipment.

Northern, with a post-secondary student population of only 1,400 students, can't currently offer those programs itself, says President Joe Drysdale.

"The government can't afford to duplicate equipment in all the colleges," he says.

Although Northern has taken part in co-operative arrangements with both Cambrian and Mohawk Colleges on individual programs, this is the first time two colleges have worked together on a large scale, Drysdale says.

Meetings between the administrators will continue through the spring, Pritchard says.

"We're taking it fairly slowly. We're going to do more exploration."



Debbie Morrison got to know George Brown's archives in the basement of College Street while working with Archivist John Hardy in a College-wide records survey this past summer and fall.

College builds CN Tower – of paper

What is black and white, as tall as the CN Tower, and found in most George Brown offices?

The answer to this riddle, according to Archivist John Hardy, is paper.

A College-wide survey this summer and fall of the contents of filing cabinets

and storage boxes found enough of it to match the 1,800 foot height of the Toronto landmark, he says.

"We found records, that if piled up, would reach the height of the CN Tower."

That paper mountain is not only costing the College money in storage cabinets and space used, but it is making it inefficient, Hardy says.

In paper-laden offices both support staff and administrators waste time sorting through files that don't need to be there.

"We should be able to dispose of one third (of records) and retire one third to inactive storage."

The survey, conducted by people working under the Canada Works program, should help correct this problem, Hardy says.

Starting in April, the surveyors visited the offices of all Deans, Directors, Chairmen, Co-ordinators and Managers as well as those of the President and Vice-Presidents to find out how records were organized, in what volume, how they were used and how long they were kept.

The survey will result in retention and disposal policies for each of the offices involved that should reduce the paper load and see more inactive records sent to archives in the basement of College Street Campus for storage, Hardy says.

Storage in archives is cheaper than office storage because the records there are stored more compactly than in most offices and are serviced by fewer people.

3 new programs in the New Year

George Brown will offer 23 full-time programs starting in the New Year — including three new ones being offered for the first time.

If successful in attracting students, the programs will boost post-secondary enrolment by several hundred students.

"If we fill up every class we will have 521 new students," says Admissions Officer Diane Stokes.

By mid-November, the College had received about 1,000 applications for New Year programs — 700 of them for the Diploma Nursing program.

The January programs are being advertised in an insert in the winter Continuing Education course directory that will be distributed to 180,000 households in the City of Toronto in late November.

Last year, January enrolment helped give George Brown the highest enrolment growth of any community college in Ontario.

By February, 1984 enrolment had grown 17 per cent from a year before to 5,323 students. Average growth for all 22 colleges during the same period was only 7 per cent.

New programs offered this January are:

- A 20-week Steel Fitter program to train students to work in metal fabrication shops.
- A 32-week Systems Analyst program that will train students to work with computers in a business setting.
- A 4-semester Welding Technician program that will train students to work with high technology welding systems including robotics.

Chef in Don jail

With the help of George Brown, a 134-year old male bastion has fallen.

That's how long there have been only men working in the kitchen of the Toronto Jail overlooking the Don Valley at Gerrard Street.

That is until 38-year-old Chef Training student Genia Yuskiv decided that was where she wanted to go for her co-operative work term this summer.

Yuskiv is now working part-time at the Jail, and she is hoping a full-time position will come up soon.

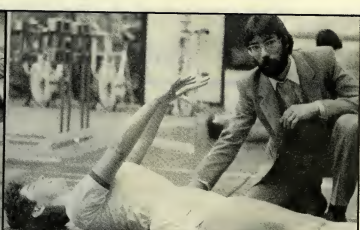
Events

Nov. 27 — A dinner will be held at Kensington Campus for Jack Stirling who is retiring as Dean of the Architectural Technology Division after 30 years service with the College. After-dinner entertainment will be provided by the Poverty Players.

Dec. 12 — Students in the Fashion Division will present their work in a fashion show at the Kensington Campus, 21 Nassau St. For information call 967-1212, ext. 4303.

Dec. — Graphic Design students have a Christmas display at the Art Gallery of Ontario, 317 Dundas St. W., until January, 1985.

If your Division, department or group is holding an event of interest to the College community, call the public relations office at exts. 3240, or 3243 and it can be included in this column. See the box on the back page for deadlines.



Photos: Neil McGilver

Fitness Instructor Teaching Master John Griffin says many people suffer over-use exercise injuries because many aerobic group leaders lack proper training. Here he demonstrates some potentially

dangerous exercise positions with first year fitness student Cathy Keffer. A trained fitness leader could provide alternatives to the straight-leg sit-ups, and hurdler-stretches shown.

Exercise injuries increase as the fitness industry grows

They are the walking wounded in the fight for fitness.

Seeking oxygen uptake, muscle tone and a new shape they bounce, twist and lunge for 20 minutes or longer — ignoring the pain that stabs their backs, legs and joints.

The number of people who hurt themselves in the workout war is growing as the popularity of aerobic exercise increases, says John Griffin, a Teaching Master in the Fitness Instructor program and member of the Ontario Fitness Council.

They hobble home after their classes with stress fractures, shin splints, aching backs, joints and muscles. Most do not seek medical help.

"We are getting a lot of over-use injuries," says Griffin, a nationally-recognized expert on exercise safety who is author of the exercise book *Beyond the Basics*. "People are getting too much too soon."

One big problem is that many people still believe in "No pain — no gain," the false notion that exercise has to hurt to do any good, he says.

The atmosphere of an aerobics class doesn't help.

Encouraged by the pounding music and the exhortations of a well-conditioned instructor, people often go too far in keeping up with their classmates, he says.

It is the education and training of those instructors, called leaders in the industry, that would do the most to prevent exercise injuries, says Griffin.

A properly trained instructor would know what exercises are safe and would pace a class to prevent over-use injuries.

"There is a fine line between challenging a person and hurting them."

Currently, there is no compulsory training or certification for exercise leaders in Ontario, he says. Anyone can rent space, and hold exercise classes. And because of consumer demand, more people are doing just that.

In fact, most of the people working in the rapidly growing industry do not have any professional training. "Most of them cannot recognize particularly dangerous positions, exercises or techniques."

Even the size, plushness, and apparent professionalism of many well-equipped studios and health club chains are not guarantees of the quality of staff instruction, he says.

"The equipment needs to be buffered by a qualified human element."

Currently, the only qualification specifically designed for fitness leaders in Ontario is a certificate of participation in the Fitness Ontario Leadership Program.

That two-weekend program arms participants with some skills in the field but does not test their proficiency with either written or practical exams, Griffin says.

Consumers should be told who is qualified to lead exercise classes with a testing and certification system similar to those being adopted in other provinces, he says.

Leaders in Alberta must now successfully complete a course that is designed to meet new Fitness Canada standards before certification.

It will probably be two years before a move in a similar direction is made in Ontario, says Griffin.

Immediate action is not likely because of an active debate between fitness groups in the province — including Fitness Ontario and the OFC — over how much regulation the industry needs, he says.

College staff have 4 fitness options

Staff members at George Brown don't have to go far to get fit — thanks to students in the Fitness Instructor program and staff of the Athletics department. Currently, about 100 staff members take advantage of the array of free individual and group fitness opportunities, says Athletic Department manager Alex Barbier.

- Every fall, students in the two-year program take on staff members as a major class project. They do a complete physical assessment of them, design an individual fitness program, and follow their progress during the school year. Interested staff should call the Fitness Instructor office (ext. 2494) in June.

- A twice-weekly aerobics class exclusively for staff, taught by fitness instructor students, will be offered at Casa Loma, Kensington and St. James. Call the athletics department for times and details.

- Staff are encouraged to use training centres at St. James, Kensington and Casa Loma campuses. Centres at St. James and Casa Loma have stationary bicycles, universal machines, free weights and an exercise area.

- Staff are also welcome to take part in any of the other classes and recreational activities that are organized by the Athletics department. Watch notice boards for schedules.

Names in the News

Canada can accommodate a technological revolution with little social cost. That's the message Canadian historian **Desmond Morton** brought to 120 Toronto Board of Education teachers at a recent professional development day organized by George Brown's Business Division. "Most of the problems that affect us now had an earlier run," he said in his discussion of the economic and social changes wrought by mechanization and the factory system early this century. "Experience has shown that technological change creates opportunities and jobs." Teachers also heard marketing and public relations expert **Thomas Reid** and speakers from IBM.

City College News takes a look at the careers of two long-time George Brown employees who retired recently:

Working at George Brown was a "moving" experience for recently retired library technician **Elizabeth Crawshaw**. About a year after she started working in the Kensington Campus library in 1969, she was transferred to the new campus on Teraulay Street to help set up the library there. A short time later she moved with the library from the third to the fourth floor of the now demolished building. Then she was off to the Casa Loma library where she eventually managed the film collection. When St. James opened in 1976, Crawshaw moved with the film library to the King Street campus. Her move from print to film proved the most popular of all. "I thoroughly enjoyed working with films. That's where I was the happiest." Even in retirement, the wanderlust has infected Crawshaw — she's moving this winter from her long-time home in Oshawa to the small town of Ayton near Hanover.

Looking back over the 15 years he spent in the caretaking department at Kensington Campus, **John Raymond** has fond memories of his colleagues. "I liked it there. Everybody was very nice." Raymond joined the College in 1969 after driving a cab for many years. Now he's taking it easy in his Toronto home for the time being, but may look for something to keep him busy. "I'll be working a little — probably part-time."



Photo: Neil McGillivray

Hospitality instructor Herbert Mueller recently took first prize in a recipe contest sponsored by French's Mustard with his entry of "Supreme of Chicken in champagne and mustard". Mueller won \$500 for his entry. The advantage of the dish, says its creator, is that it uses only half a bottle of bubbly — the rest can be consumed in other ways. Contact the Hospitality Division for copies of the recipe.

Donald Grant, President of Braydon International, an Ottawa manufacturer of energy-efficient oil-burner systems, recently interviewed three graduates of the Energy Conversion program — and was most impressed. "It was a breath of fresh air to meet three extremely presentable young men... to find out that they actually knew what they were talking about and were capable of analyzing a problem or process, was quite mind-bending. In this industry it's quite unusual," he wrote to program Co-ordinator **Zack Bajin**. The three students start full-time jobs with the company in mid-December.

George Brown evening courses have undoubtedly spawned their share of extra-curricular business deals, friendships, dates and perhaps even marriages over the years. But few chance meetings in class have had the creative potential of the meeting last year in a French

course between playwright/actress **Marie-Lynn Hammond** and theatrical director **John Van Burek**. That liaison bears fruit at the end of November when Hammond takes the stage of Le Theatre du P'tit Bonheur in a play which she wrote and that is directed by Van Burek.

The Personnel Office has told us of the following staff changes:

New faculty appointments are **Judith Linton** in the Test Centre at College Street, **Matthew Manton** in the CAD/CAM Centre at Casa Loma, and **Leo Salemi** in the Electro-Mechanical Division at St. James.

New support staff are **Christine Caron** in Library Services, **Frank Drago** in the Computer Department and **Ann Frenette** in Student Services at MacPherson.

Teresa Abdool has left the Computer Services Department for a position in Finance at MacPherson; **Ray Danley** is now supervising the new Job Corp Project at Casa Loma, as well as the Test Centre at College Street, where Test Centre counsellor **David Anderson** will be working full-time; **Brad Ciccarelli** has joined the accounting staff as student council accountant from the auditing department; **Isabel Magalhaes** has left a position with the support staff of the Health Sciences Division at St. James for a job with the Architectural Technology Division at Casa Loma; **Josephine Mariani** has been promoted from a position with the College Street Admissions office to a job with the Registrar's Office, and **Christine Jeezek** has been transferred to a similar position from the Kensington Admissions Office; **Ranjit Sohal** has gone from a faculty position with the Math and Science Division at Casa Loma to a support position with the Computer Services department.

Leaving the College are **Penelope Hlywka**, **Ronald Reid**, **Juliana Tam**, and **Gerald Townsend**.

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City College News is a monthly publication of the Continuing Education and Marketing Division of George Brown College at 254 Adelaide St. E., Toronto, Ontario, M5A 1N1. (416) 967-1212, ext. 3240. Editor: Kadi Kaljaste, Writer: Neil McGillivray.

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